




# Excuse me.



trollcatz

 [trollcatz](#)

<https://trollcatz.livejournal.com/2008-01-19> 16:59:00

**MUSIC:** someone's empty stomach

I have to go get some food for someone who shall remain nameless who gets involved in his work and forgets to eat.

Admittedly, this is not a neighborhood that provides lots of palatable carbohydrates at this hour on a Saturday. But I shall triumph.



## Thank you

This is Patricia Andreoli, wife of Daphne Worth, who you all knew as Trollcatz. Daphne died

## ...And there goes the weekend

But hey, we got a day and a half of this one! And I got to sleep in for two whole mornings. Too bad

## As a law

enforcement  
professional--

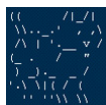
52 comments



 [ge2](#)

[January 20 2008, 00:08:40 UTC](#) [COLLAPSE](#)

Uff da. What've you got, convenience stores? Can he do popcorn, which might at least give him some short-term energy/fiber?



 [asciikitty](#)

[January 20 2008, 03:38:18 UTC](#) [COLLAPSE](#)

huh. A gentleman I used to work out with was fairly seriously diabetic, and spent several days once wandering around talking about why popcorn was bad for people with non-standard\* metabolisms. Which I internalized, but I don't know if it's true or not.

Trollcatz? Coffeem? Is that true?

\*particularly diabetes and hypoglycemia, I think he said.



This is going to hurt you more than it's going to

 [matociquala](#)



January 20 2008, 03:41:46 UTC    COLLAPSE

Huh.

My dad's diabetic, and he eats microwave popcorn by the bucketload. That is all I know about it. (Though I expect to be diabetic myself one day, given three grandparents and one parent with the disease.)



 asciikitty

January 20 2008, 03:46:56 UTC    COLLAPSE

This fellow talked about "the time at summer camp for diabetic kids when they served us popcorn and we were all [something bad] soon after"

And you know? Despite that fact that he was fairly unreliable about a whole lot of information (like useful stuff about his health.) I took that piece to heart. I wonder why.



 matociguale

January 20 2008, 03:51:04 UTC    COLLAPSE

Air of conviction.



 cvillette

January 20 2008, 03:49:50 UTC    COLLAPSE

Dunno about diabetics. I do fine on popcorn, but the caloric load is not really enough to make up the bulk if I'm actually hungry.

And hey, I ate.

Several things.

Um. A bagel. And peanut butter crackers. And cereal. And a tuna sandwich and three apples and two bananas and an orange.



 trollcatz

January 20 2008, 04:59:13 UTC    COLLAPSE

And I restocked the oatmeal, almonds, raisins, and brown sugar; cupboard on the right above the microwave.




 cvillette

January 20 2008, 05:02:47 UTC    COLLAPSE

...

God, we're going in again tomorrow, aren't we?




 [trollcatz](#)

[January 20 2008, 05:14:42 UTC](#)    [COLLAPSE](#)

Sunday. Our Day of Restless.

However, I think I have a line on some fancy-shmancy gourmet tamales, and they deliver.



 [trollcatz](#)

[January 20 2008, 05:18:46 UTC](#)    [COLLAPSE](#)

Good grief, I just figured it out. They need *you* to come in and work this weekend. I'm just here to keep you fed and resigned.

Not that I mind keeping you fed and relatively comfortable. But you know, that's all anyone needed me to do today.



 [cvillette](#)

[January 20 2008, 05:22:04 UTC](#)    [COLLAPSE](#)

and the 'leven hours you spent going over autopsy reports?

Or was that some girl who looked like you?



 [trollcatz](#)

[January 20 2008, 05:32:58 UTC](#)    [COLLAPSE](#)

A scanner with OCR software would have been about as useful.

Except may I please note that there are one or two medical examiners out there in the big world who are freakin' ON THE SAUCE, GODDAMMIT.

Hello, there's a reason why you fill in all the little spaces, you morons. It's for times like this when we have to go back in search of something we didn't know to look for five years ago.

I've decided I'd rather hate people I've actually met. At least I can yell at them.




 [cvillette](#)

[January 20 2008, 05:41:07 UTC](#)    [COLLAPSE](#)

Oh, I dunno about that. The scanner hasn't been built that can match your Trained Medical Might.

You notice lots of cold cases lately? Well, two. Kansas City Renovator and now this.



 [trollcatz](#)

[January 20 2008, 05:47:45 UTC](#)    [COLLAPSE](#)

Well, unlike the Renovator, this one isn't likely to lead me to destroy my favorite pair of pants.

Yes, I know, petty. I am a Big Fat Grouch tonight. And it's not your fault, Coyote, so don't duck your head and droop your ears.



 [cvillette](#)

[January 20 2008, 05:53:29 UTC](#) [COLLAPSE](#)

I prescribe hot cocoa, an English muffin with peanut butter, and six hours of rack with sleepy T.

Eight would be better, but I'm calling you at seven for a ride, so go to bed.



 [cvillette](#)

[January 20 2008, 05:21:16 UTC](#) [COLLAPSE](#)

You really are determined to save me from myself.

I wonder when I am supposed to get the laundry done this week....



 [trollcatz](#)

[January 20 2008, 05:34:52 UTC](#) [COLLAPSE](#)

If you can't get the laundry done, go buy new clothes and tell Mom you're expensing them.

Ooooh, wow, I *am* in a snit tonight.



 [cvillette](#)

[January 20 2008, 05:41:24 UTC](#) [COLLAPSE](#)

Looks good on you.



 [trollcatz](#)

[January 20 2008, 05:49:44 UTC](#) [COLLAPSE](#)

Heck. Thank you. I so don't deserve you...



 [cvillette](#)

[January 20 2008, 05:52:16 UTC](#) [COLLAPSE](#)

"Deserve's got nothing to do with it."

Nobody deserves me. However, since I can't take a hint, you're stuck with me. ;-)



 [trollcatz](#)

[January 20 2008, 05:11:59 UTC](#) [COLLAPSE](#)

Popcorn is good for diabetics: one cup, air-popped, without extra oil or butter or salt, is 30.5 calories, no fat, and only five net grams of carbohydrates. Even with a little oil or butter, it's a good choice for a snack. It's got a good fiber-to-carb ratio, which makes it metabolize slower than many carbohydrates, so eaten in moderation it's not likely to cause the kind of spikes in blood glucose that are a problem for people with chronic hypoglycemia, either.

However, that also means it sucks at treating low blood sugar in either population. Safe snack, lousy food-as-medication.



[ge2](#)

[January 20 2008, 14:37:18 UTC](#)    [COLLAPSE](#)

Useful, interesting, and duly noted. I don't myself have known blood-sugar issues, but I seem to know an increasing number of folks who do, so this sort of information is usefully storable.

What about homemade granola bars? I've got a decent and very adaptable recipe around for those. The sweetness quotient and source are relatively easy to monkey with - and the monkeying process itself might suit experimental heads :-).



[cvillette](#)

[January 20 2008, 14:40:05 UTC](#)    [COLLAPSE](#)

You know, not to be rude, but I have been living with this condition for the last twenty-five years. Just sayin'.

(The Internets: invented specifically so people would have a place to talk about Chaz in the third person. Augh!)



[ge2](#)

[January 20 2008, 14:44:05 UTC](#)    [COLLAPSE](#)

No rudeness or third-person patronization intended from my direction, either. I seem to be distressingly good at rendering myself fullmouthed and footless with you.

Granola bars?



[cvillette](#)

[January 20 2008, 14:50:15 UTC](#)    [COLLAPSE](#)

Thanks, I have my own. :-P

(Just, trust me. Whatever you are about to suggest re: being me, I have probably already thought of it, okay?)




[trollcatz](#)


[January 20 2008, 14:50:36 UTC](#)    [COLLAPSE](#)

Chaz?


Go eat some noodles.

 [cvillette](#)  
[January 20 2008, 14:51:05 UTC](#) [COLLAPSE](#)

Right.

 [ge2](#)  
[January 20 2008, 14:51:35 UTC](#) [COLLAPSE](#)

(Duly noted.)

 [cvillette](#)  
[January 20 2008, 15:38:43 UTC](#) [COLLAPSE](#)


I'm sorry.

After the first decade or so, being a problem in need of a solution gets old, and get snappy about it. There are days when I really want to get up on my chair and shout, "Yes. I'm dying. I'm sorry. I'm not doing it on purpose. Can we talk about *something else now?*"


 [ge2](#)  
[January 20 2008, 17:37:59 UTC](#) [COLLAPSE](#)

Me, too. I get interested in people and the stuff with which they wrestle - whether it's large-scale or seemingly simple - and sometimes my puzzle-solving brain gets ahead of the rest of me. I do *not* view you (what very very little I know of you) as a problem requiring solving, any more than I do anyone else I interact with voluntarily. Doesn't mean I don't come across that way, though - particularly in the context you describe above, which sounds intensely frustrating.

Thanks for taking the time to give me said context - and for calling me on ignoring the possibility that it existed. I appreciate it.


 [cvillette](#)  
[January 20 2008, 17:40:33 UTC](#) [COLLAPSE](#)

And thank you for not bopping me upside the head. :-\

 [ge2](#)  
[January 21 2008, 22:41:41 UTC](#) [COLLAPSE](#)

np. :-s



 [trollcatz](#)

[January 20 2008, 16:54:30 UTC](#) [COLLAPSE](#)

It would be rude to talk about you in third person on *your* journal.\* But can't we do it on *my* journal? It's like, illusion of gossip!

\*Not that that ever stopped me.



 [cvillette](#)

[January 20 2008, 16:57:35 UTC](#) [COLLAPSE](#)

Oh, all right.

If you bring me another doughnut. And the cooooooffee.

*Deleted comment*



 [cvillette](#)

[January 20 2008, 17:02:08 UTC](#) [COLLAPSE](#)

I'm actually interested, too, when I'm not feeling underslept, underfed, and overprotected.


*Deleted comment*



 [cvillette](#)

[January 20 2008, 17:20:46 UTC](#) [COLLAPSE](#)

And low blood sugar and self pity and overtired are a really winning combo.

 [leahbobet](#) says she has a new policy, of every time she feels like doing something drastic or having an emo breakdown, she eats something containing dairyfat.

 [leahbobet](#)

[January 20 2008, 22:47:52 UTC](#) [COLLAPSE](#)

It's working, too! I made brownies last night and my feeling of being a total failure at life vanished!

(N.B.: a bit of red wine in brownie batter makes them less horribly sugary and a little richer. Also, nice and moist. Mmm.)



 [cvillette](#)

[January 20 2008, 23:07:09 UTC](#) [COLLAPSE](#)

Another piece of the cinnamon/tomato/vinegar/sugar food chemistry axis!

 [inaurolillium](#)

January 21 2008, 05:40:03 UTC   COLLAPSE

acid (such as wine) balances sweet. and red wine has a number of aromatics that correlate with chocolate. dunno what it makes in more moist, unless you didn't cut one of the other liquids.

pardon my typing, i have a migraine. there will be zombie chef pics later.

 ge2

January 20 2008, 17:39:25 UTC   COLLAPSE

I can help you with that :-).

It's stored with the rest of my written-down recipes on the External Brain, and I'm away therefrom right now doing New Cat Pickup Duty. I'll post it chez either you or me when I'm reconnected.



 cvillette

January 20 2008, 03:09:57 UTC   COLLAPSE

...sorry about that.



 trollcatz

January 20 2008, 05:26:33 UTC   COLLAPSE

Hey, it's not your fault the world goes to hell faster than I can read the reviews in an issue of the *New Yorker*.

Oh, unless you mean the forgetting-to-eat part, in which case, make it up to me by not doing it again.



 cvillette

January 20 2008, 05:59:21 UTC   COLLAPSE

I ate! See above!

I just didn't eat enough.

srsly, thing is, getting up every 45 minutes for a snack or a bathroom break is a serious goddamned annoyance. And break in my concentration. And I have to break concentration to remember to get up and do it in the first place.

ugh.


 inaurolillium

January 20 2008, 22:20:12 UTC   COLLAPSE

You need a timer, one that will actually get your attention.





 [cvillette](#)

[January 20 2008, 22:22:42 UTC](#) [COLLAPSE](#)

Because that would not be annoying.



[inaurolillium](#)

[January 21 2008, 05:31:54 UTC](#) [COLLAPSE](#)

It would absolutely be annoying. But it would be less bad than you passing out from low blood sugar or worse. Plus, it means that you do not have to actually stop and notice the time, because something else will do it for you.

And, BTW, I totally get the "Yes, thank you, I HAVE thought of that, I've tried most things that it's possible to try for this," and you have my sympathies.



[inaurolillium](#)

[January 20 2008, 22:23:09 UTC](#) [COLLAPSE](#)

Hm. Having read some of the more recent comments, let me amend that to say: When I was on a regimen that required me to eat in measured intervals, I found a timer really useful, particularly when I was in heads-down mode.



 [cvillette](#)

[January 20 2008, 22:28:31 UTC](#) [COLLAPSE](#)

You win, you all win.

My eating disorder and I are going to the Indian buffet, and then we're going to go home and take a bath.

Before we get to come into work tomorrow. On the federal holiday.



[trollcatz](#)

[January 20 2008, 23:09:04 UTC](#) [COLLAPSE](#)

Dude, MLK wanted to save the world, too.

(Of course, J. Edgar wasn't exactly helping him with that...)



[cvillette](#)

[January 20 2008, 23:30:23 UTC](#) [COLLAPSE](#)

It is in the honor of a great man that I drag my sorry self to work tomorrow.

You coming in?



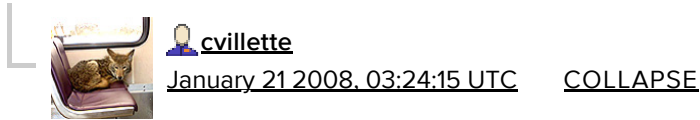
[trollcatz](#)

[January 21 2008, 01:59:59 UTC](#) [COLLAPSE](#)

Yes. My reasons are thus:

1) It is the right thing to do.

2) I like the idea of honoring the Reverend Mr. King by being in the building named for a man who would have broken out in hives if he knew I was there. \*g\*



You are a scholar and a thingummy.

I'll buy the doughnuts.

(If the ghost of J. Edgar knew about us, he would totally have his knickers in a twist. If we ever get a vengeful poltergeist, we know who it is.)

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### Thank you

This is Patricia Andreoli, wife of Daphne Worth, who you all knew as Trollcatz. Daphne died

### ...And there goes the weekend

But hey, we got a day and a half of this one! And I got to sleep in for two whole mornings. Too bad

### As a law

enforcement  
professional--